

2001 California Dietary Practices Survey

Table 1: Proportion of California Adults Who Ate Foods Recommended for Good Health

Question: Yesterday, did you eat 5 or more servings of fruits and vegetables?
 (Fruit and vegetable consumption based on 24 hour recall question module)
 Yesterday, did you drink any milk?
 Was the milk you drank whole, 2%, 1%, or fat free?
 Yesterday, did you eat any yogurt?
 Yesterday, did you eat any cheese?
 Yesterday, did you eat any breakfast cereals? If yes, was it a high fiber cereal?
 Yesterday, did you eat any whole grain breads or corn tortillas?
 Yesterday, did you eat any beans such as kidney beans, refried beans or chili beans?

Percent Eating Each Item

	5 or More Servings of Fruits and Vegetables	Any Milk	Any Fat Free Milk/1% Milk (out of everyone)	Any Yogurt or Cheese	Any High Fiber Cereal	Any Whole Grain Breads/Corn Tortillas	Any Beans
Total	34	55	19	56	11	45	27
Sex							
Males	33 *	60 **	17 *	56	10	45	29
Females	34	52	21	56	11	45	26
Males							
18 - 24	36	63	14	63 **	6 ***	43 **	32 **
25 - 34	34	59	18	64	8	50	40
35 - 50	30	61	18	57	10	36	25
51 - 64	31	57	16	44	8	44	22
65+	39	59	20	50	24	57	25
Females							
18 - 24	27 **	57	14 *	61 *	2 ***	47	30
25 - 34	29	58	24	63	9	42	32
35 - 50	39	46	19	60	10	45	25
51 - 64	35	46	18	50	10	45	22
65+	39	52	29	47	21	52	20
Ethnicity							
White	36	58 **	25 ***	62 ***	13 ***	46	23 ***
Hispanic	33	58	10	47	4	44	44
Black	24	45	7	51	10	51	28
Asian/ Pacific Islander	33	43	14	51	11	37	14
Education							
Less than high school	28 ***	57 ***	8 ***	42 ***	6 **	41	47 ***
High school graduate	31	61	19	59	8	43	27
Some college	32	48	16	59	11	46	26
College graduate	40	57	28	60	14	47	21
Income							
Less than \$15,000	28	55	16 **	51 **	10	49	33 ***
\$15,000 - 24,999	37	60	15	58	8	44	32
\$25,000 - 34,999	36	52	20	52	13	46	38
\$35,000 - 49,999	34	55	18	58	12	43	20
\$50,000+	36	56	26	64	13	43	22
Physically Active							
Did not meet recommendations	28 ***	55	17 **	54 *	10	41 ***	29
Met recommendations	42	55	22	60	12	50	25
Overweight Status							
Overweight/Obese	33	58	21	55	9	42 *	28
Not overweight	36	53	18	59	12	48	26

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi square test:

* p<.05

** p<.01

*** p<.001